October 1926

UN DATE

A full-page lesson for each day

Also a new prayersong

10 cents

The best prayer is the correction of the error by a proper restitution.—Scottish Rite Progress.

The idea of daily meditation is to make sure of at least one thought about God to carry through the day. The thought will not always be in the front of one's mind. But it will be at the back where thoughts lodge and affect speech and acts far more than we realize.—The Holy Cross Magazine.





UNITY DAILY WORD

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I AM WHAT MEN CALL GOD

I am not lonesome nor apart
That you must think, lo there!
I am the All, emerged in all,
Behold me everywhere.

I am the morning zephyr soft, While skipping o'er the lea; I am the music of the brook, That flows on to the sea.

I am the kisses of the sun;
I am the tears of rain;
I am the welcome breath of spring
That brings new life again.

I am the sprouting of the seed, The budding of the flower; I am the beauty that you see Unfolding every hour. I am the singing of the birds,
The rustling of the leaves;
I am the holy force of life
In everything that breathes.

I am the thrill of harmony
You feel but cannot tell;
I am the firm, unchanging law
That worketh all things well.

I am the light that never fails,
The power that never dies;
I am the still small voice within
That bids the soul arise.

I am the fruit of highest thought;
I am the iron rod
That strengthens and supports the whole,
I am what men call God.

-Selected

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BRIDGING THE GAP

O MANY students, there seems to be quite a chasm between idea and manifestation; there appears to be a wide gulf between thought and feeling, consciousness and its expression. Unity headquarters receives many a letter in which the writer says: "I understand very well that I must think so and so, but how am I going to feel it? I try to think thoughts of love and of health, but I do not feel loving or healthy."

The answer which comes to mind is this: You may be thinking correctly but you do not grasp the spirit of the thought. To think about the word "love" does little for you unless you perceive that for which it stands. Unless you call to mind what love is, how one feels who is loving, how vital and warm the love of God is, the word or the thought is cold and

abstract.

George Burnell, a teacher of metaphysics, writes: "The spirit of truth is the meaning, the significance of truth." Can one express love or health unless, in consciousness, he grasps its significance? The practical Christian is not content with thinking good thoughts; his duty is to realize their truths. He does this to the point that he eliminates from consciousness any belief that an opposite thought has any life or vitality.

The Truth student who gets the love consciousness wipes away every belief in hate. To him, there never were and never will be hateful people or situations to stir up hate in his own consciousness. He

can be as loving in the face of hate as he can in the presence of love. There is nothing within him to react in an unloving way when another is unloving.

One who gets the health consciousness clears away every belief in weakness and disease. He reaches that development in consciousness where he cannot conceive of anything short of perfect health. He thinks health, speaks words of health, sees health everywhere.

We must know what the feelings are which are represented by such words as "love" and "health." The actor who does not feel his words and who does not actually feel the emotions he would portray is not a success. Until he is able to have such feelings at will, he disciplines himself by studying those who are similar to the characters he would delineate.

In order to feel love and health when you think the words "love" and "health," you must direct those thoughts from the head into the body, from the mental into the physical, from idea into manifestation. One must consider the body as a sort of laboratory in which he demonstrates his thoughts. When he affirms, "I express perfect health in every part of my body," he must actually become a person with a healthy body.

Many persons could easily think what a man or a woman in perfect health would be like. They may affirm over and over something about God's perfect man. But how few ever realize that each one of them is this perfect man. This perfect man, this image and likeness of God that we all talk about, is not something which some one else is or has. It is that which we are, instead of the things of limitation which we have thought ourselves to be.

If you would be healthy, associate mentally with healthy minds. Mentally join yourself with that great body of persons who enjoy health. See yourself radiating just as much health as they are radiating. Treat your body just as those who are young, strong, and healthy treat their bodies. When the word "strong" comes to mind, relate it to your body: "Strong—like the strength of my body. Strong—like my strength." When you hear "health" discussed, take the word from its universal application and appropriate it: "Health—like my health. Health—I feel it in all its fullness right in my body."

Such practices as these will keep you from becoming "heady." You will no longer be just a book metaphysician. You will become a demonstrator of Christ principles of health. This new way of looking at demonstration will appeal to you more and more as you practice it. You will find your convictions growing and will build up such a consciousness of the vitality of true words that it will seem to overflow into your body. Remember that it is the

vitality of one's words that he must feel.

How does one bridge the gap? By building up such a consciousness of truth, to the exclusion of error beliefs, that his consciousness extends right over into the manifestation; by actually living that which he affirms; by being nothing short of the perfect man

which he declares himself to be.

OUR BLESSED LEADER

Unity has won respect not only from those within the Unity movement but also from those on the outside because it has always stood for impersonal leadership. Those who were its pioneers never refer to themselves as its founders or its leaders. The corner stone of one of the buildings of the Unity organization displays a quotation from this text: "Built upon the foundation of the apostles and prophets, Christ Jesus himself being the chief corner stone."

Because Christ is our blessed leader, our work has grown and has thrived from the time of its incipiency. It has been free from cliques, factions, divisions, and schisms. The idea of unity has had an integrating and a solidifying force. As the years have passed, as the work has grown to gigantic proportions, bonds of unity have been closer drawn.

One asks, "But do you believe in a personal leadership of Jesus Christ?" That depends upon what the inquirer has in mind as he harks back to that idea of personal leadership. If he thinks that by holding to the personal life of Jesus he has something to gain, we do not agree with him. The incidents of the private life of Jesus, the much mooted question of incidents of his conception and birth, the theological disputations about personal incidents in his life, the matters of historical interest relating to him, may have their places for the theological student.

The Truth student is not interested in knowing whether his teacher was born in a hovel or a palace, whether he had one parent or two. The student

goes to a teacher for the sake of contacting his consciousness, hoping to be exalted to the same consciousness that he has. The music pupil goes to the teacher not only to learn of truths in music but also to be helped to gain the spirit of music.

We believe that Christ is actively engaged in advancing this work. Yes, Christ is our blessed leader. The Christ consciousness is our standard. We look to it for guidance and wisdom. Christ de-

cides for us what our policies shall be.

To us, there is a sort of magic even in the words "Jesus Christ." To think of Christ seems somehow to identify us with a spirit of holiness. Can you wonder that Unity people use the word "Christ" so often in their writings and in their talks? Can you doubt that there is a reason why for more than thirty-five years the leadership of the Unity movement has been vested in Christ?

The word "Christ" is synonymous with Truth; if we make Christ our standard, then we know that Truth will prevail. Where Christ is the head of an organization, a spiritual democracy exists. Were Christ given place as the head of every nation today, only love and peace would prevail. Each nation would still need its president or visible executive but even he would recognize the invisible Chief.

Many a person writes: "I am thankful to Jesus Christ and to Unity for the benefits I have received." Such persons are thankful to Christ, the invisible Master; and to Unity, a visible organization through

which some of the Christ work is done.

THIS TRUTH CAN NEVER DIE

This Truth can never die. Ages may come and go;
The mountains wear away; the seas retire;
Destruction lay earth's mighty cities low;
And empire, states, and dynasties expire;
But caught and handed onward by the wise,
This Truth can never die.

Though unreceived and scoffed at through the years;
Though made the butt of ridicule and jest;
Though held aloft for mockery and jeers;
Denied by those of transient power possessed,
Insulted by the insolence of lies,
This Truth can never die.

It answers not; it does not take offense;
But with a mighty silence bides its time
As some great cliff that bears the elements,
And lifts through all the storms its head sublime;
So it unmoved its puny foes defies;
This Truth can never die.

Proud lips of ridicule will be dissolved in dust;
The sophist's arguments, the gibes be stilled;
God working through the all-compelling Must,
Has broken those who dare combat his will.
New systems born of wild unrest will rise and fall,
This Truth can never die!

-Selected.

FRIDAY, OCTOBER 1

Today's Watchword: The Truth of Christ releases me from ignorance and superstition, and my consciousness is spiritually illumined.

When we know Truth, we are freed from all beliefs which hold us in bondage to ignorance and superstition. This change in consciousness causes darkness to give way to light, superstition to knowledge, ignorance to truth.

Just as the forms and the shadows in a darkened room are often a source of apprehension until their appearances are transformed by light, so are darkened thoughts in consciousness disturbing until dispelled by the light of Truth.

The Christ message which Jesus brought to humanity was one which, to us, may be likened to a torch of light. We think of the shadows of fear and of disease as put to flight whenever Jesus appeared.

If one knows the truth, it is quite difficult for him to try to believe the lie. When the light of Truth shines in his consciousness, he cannot easily believe that fear, disease, or adversity in any form is his portion in life. When the truth dawns, he must think truth, and truth alone.

Jesus Christ always opens the doors out of dark places.—Unity Calendar (for October).

SATURDAY, OCTOBER 2

Today's Watchword: The love of God fills my heart and I am eternally joyful and loving.

The love of God purifies the heart of all trouble, hardness, and bitterness. Love purifies the subconsciousness of all personal grievances. The love of God in the heart makes us joyful and loving.

The love of God cleanses the heart of all tendency to think of the adverse happenings of the past.

No belief in trouble can be reflected in the heart when we know spiritual truth. Through spiritual discipline we have power to shut away every troublesome thought and to make it powerless to affect us in any way.

We should not believe in hard-heartedness. We should not discuss such things as hardening of the blood vessels. Let us deny every superstition which

bears upon heart disease.

Let us make the heart an instrument of love. Let our loving thoughts of God manifest themselves through our hearts. Let the compassion which we feel for others express itself as tender, soft, yielding love.

Think of the heart as spiritual. The very heart of the Eternal beats in our hearts and throbs with loving-kindness. Through the human heart God pours forth his tender and healing love.

Let not your heart be troubled .- John 14:1.

SUNDAY, OCTOBER 3

Today's Watchword: God in me is a healing stream of life, love, and strength, and my body is purified, harmonized, and strengthened.

Let us declare the blood stream to be pure and filled with healing life. It purifies the body of every belief in impurity, of all bondage to unclean conditions. It carries God's life to every cell, every muscle, and every nerve. It bestows power and strength upon every cell.

God, in his love, washes away every iniquity from our minds and our bodies. He baptizes us with love. He purifies and redeems us from all bondage to woes

of the flesh.

God in us is a stream of love flowing to every part of our bodies. This stream carries with it God's love in unbounded measure. This stream blesses the heart, the arteries, and the veins.

The body is pure and holy because God, in his love, relieves it of every unholy condition. God, in his tenderness, relieves the blood stream of every impurity and the blood becomes pure and healthful.

Filled with streams of health, we become eternally strong and healthy. We become conscious that God in us is lifting us higher and higher to love and to health.

I thoroughly washed away thy blood.—Ezek. 16:9.

MONDAY, OCTOBER 4

Today's Watchword: Divine love in my consciousness is now expressed in every part of my being and I am at all times kind and loving.

When divine love becomes active in consciousness, bitterness and hate are dislodged and dispelled. One who catches the high vision of the Christ cannot permit personal consciousness to dominate him.

Divine love removes from the mentality all that is unkind and unloving. If one experiences divine love, he cannot at the same time feel resentment and hate; he cannot feel unloving toward people and, at the same time, feel loving toward God. The heart which feels bitterness is unable to feel love.

In order to express love, we must feel it. We must so realize our unity with it that we cannot be

identified with anything which lacks love.

To express love in every part of our being is to bring the healing potency of love to bear upon even the physical body. Strain and tension must leave the muscles and the nerves when love enters them. The rigors of fear reflected upon the body release their grasp when love expresses itself in the body.

One should make it a practice to meditate regularly upon the love idea in universal Mind, with the prayer, "Divine Love, manifest thyself in me."

—Christian Healing.

TUESDAY, OCTOBER 5

Today's Watchword: Through faith in the power of Christ in me, I can do all that I undertake.

The doubter is one whose mind is set upon some power other than his indwelling Christ. He doubts his ability to achieve because there looms up on his mental horizon the specter of some external power which he thinks can hinder his ability. He doubts the coming of good because he believes that evil has power to thwart it.

The man of faith is one who has such faith in the power of his indwelling Christ that he knows it can overpower all opposition. He knows that all power is vested in the Christ within him.

The reason why many men do not accomplish what they undertake is that they lose their hold upon faith. They lose a certain tenacity necessary to keep faith strong and vigorous.

The man of faith is usually one who accomplishes what he undertakes. His faith gives him such a mental fiber that he is able to withstand all that would oppose him. In turn, this faith that he has developed becomes so strong that it becomes the backbone of the work he undertakes.

In fact, man can accomplish very little if he has not faith in what he does.

Let us ask in faith, nothing doubting.—James 1:6.

WEDNESDAY, OCTOBER 6

Today's Watchword: I cannot be separated from God at any time. I am eternally one with him.

The belief in evil and adversity in any form (whether it be inharmony, disease, death, or lack) is based upon the supposition that God is absent or separated from man. When man is conscious of the presence of God, he is likewise conscious of the presence of harmony, health, life, and plenty.

One who is not conscious of the presence of God in his mind, body, and affairs lives in a negative consciousness. Such a consciousness must be regenerated if one is to save himself from adverse conditions. His only salvation is through spiritual consciousness. Only by realizing the truth of his oneness with God, in reality, can he be saved from the woes attending adverse thought.

All metaphysical treatment tends to bring man to the realization of his oneness with God. By this realization man gives up belief in his separation from life and health and becomes conscious of his identification with God, the source of vitality and healing. He makes contact with Him as his health when he identifies himself mentally with Him.

[God's] creatures would not exist a moment were he to be, or could he be, separated from them.

—Miscellaneous Writings.

THURSDAY, OCTOBER 7

Today's Watchword: With patience I witness the working out of divine law in all my affairs.

After the spiritual law of cause and effect becomes active in our affairs, we need to exercise patience in its outworking. We need to stand aside and witness the effect of righteous thought set into action.

When one is impatient about results, he is in a state of mind in which there may be considerable lack of faith. Such an attitude but tends to delay the manifestation of one's good. A state of impatience places one in a frame of mind in which he cannot coöperate with the law effectively.

Impatience reveals a lack of trust in the law; a feeling that somehow, in some way, there may be an accident or a delay in its working out. The impatient person seems to think that some external intervention will thwart the Divine.

The patient person has faith in the law. He feels that through his righteous thinking and his powerful word he sets into action forces which must produce good for him. He does not conceive of any deviation from rule. He thinks of results as following orderly

into action.

Ye have need of patience, that, having done the will of God, ye may receive the promise.—Heb. 10:36.

and speedily when that which produces them is set

FRIDAY, OCTOBER 8

Today's Watchword: Through my realization of the prevalence of harmony, I lift myself and all those about me to harmony and peace.

If one finds himself in an inharmonious environment, he may be sure that something in his consciousness has attracted the inharmony to him. The fact that he is in the midst of it shows that he must find some way to extricate himself from it. His way out lies solely in his handling the situation mentally and spiritually. He must ascend into that consciousness in which there can be no inharmony, or expression of inharmony.

One with a harmonious consciousness has power to lift those about him to the same consciousness. He has power to help them see the nothingness of inharmony and chaos and to see the utter prevalence of harmony and peace. He has this power because it is of God within. It is powerful to awaken those about him to a consciousness that only God (harmony) can have place or presence.

In place of thinking inharmony, seeing it, and talking about it, let us see harmony here and now

manifest.

Inharmony cannot remain in any home where even one member of the family daily practices this hour of the presence of God.—Lessons in Truth.

SATURDAY, OCTOBER 9

Today's Watchword: I no longer recognize or see evil. The Spirit of God in me beholds the good everywhere.

When one recognizes evil, whether it be in the guise of sin, disease, or some kindred form, he looks upon a world of phantoms. He sees forms and shapes which are the outpicturing of mortal consciousness. He sees those limited conditions which exist solely in limited beliefs.

When one sees disease, he beholds the projection of a disease image. The one who displays disease has beheld himself other than as the son of God, the image of his Father. He has looked upon himself as being something which in Truth he is not.

So long as the race thinks about disease, looks for it, and discusses it, just that long will disease prevail. Disease will not be wiped out so long as it is given place in the mind and in the eyes of man. When the belief in disease exists in consciousness, it manifests in the physical body. When given place in the vision, it is looked for and expected.

One conscious of his indwelling Lord finds that Spirit expresses itself in his thought and in his vision. He finds that his mind is unified with that Mind in which health is dominant; his vision is dedicated to Spirit and he looks through spiritual eyes.

The Lord is in the midst of thee: thou shalt not see evil any more.—Zeph. 3:15 (A. V.).

SUNDAY, OCTOBER 10

Today's Watchword: I do not believe in evil or in adverse powers. God alone has existence and reality in my life.

Many a person holds himself in limitation through his belief that some adverse power (evil) is operating against him. He feels that his inability to succeed is not caused by his own insufficiency but by the machinations of something external to him. To this thing to which he has attributed the power to work

against him, he has given the name "evil."

In this day those who are enlightened by the Truth of Christ give no credence to any belief in evil. They know that no external thing has power over them. They know that only their own adverse thoughts can bring adverse conditions into their lives. They know that a belief in evil is but a belief in their own insufficiency. We can see that the relief from such a belief comes through knowing that one is powerful to master all things through the mastery of the Christ mind within him.

This change of beliefs causes one to dismiss from mind the thought that evil shares presence and power with God. One needs to know that only God has

existence, being, and reality in Truth.

Let us go back to our straight, white line of absolute Truth. There is only God. All that is not God is no thing, that is, has no existence.— Miscellaneous Writings.

MONDAY, OCTOBER 11

Today's Watchword: Free from personal consciousness, I am established in the peace of God.

Personal consciousness includes the belief that other persons can offend or harm us. The person whose feelings are hurt easily by what others say or do is still functioning in personal consciousness. He is still in that state of mind in which he thinks of personalities as having power to disturb or to distress him.

The student of metaphysics reaches that place in consciousness in which he sees that no person has

power to offend or to distress him.

When we realize that no person or external power can take our peace from us or keep us from enjoying it, we turn to the peace within, that "peace

. . . which passeth all understanding."

When we are filled with love and our minds are centered upon God within us, we are not susceptible to beliefs in personal offense. We do not think that anything which another says about us can affect our happiness in any way. We are established in the peace of God and nothing can divert us from that consciousness of our oneness with him. We identify ourselves not with personality but with God.

Great peace have they which love thy law: and nothing shall offend them.—Psalms 119:165 (A. V.).

TUESDAY, OCTOBER 12

Today's Watchword: God's life is truly mine and I am alive in every part of my being.

When one realizes that the life of God is his life, he becomes at-one with such a living, vitalizing, healing force that it quickens every part of his being. He becomes truly alive. He feels that he has not been living before. This new experience gives him a new concept of life; he views life as it exists in reality.

If one feels that he needs more life, he has but to become more conscious of the presence of God life within him. He needs to give up the belief in limitation of life and become aware that God lives

in him. Man's life is but the life of God.

Really to live, one must think life to the exclusion of all else. There must be no thoughts of insufficiency of life left in his mentality. He must have cleared from consciousness all belief in death, in cessation of life.

Man truly begins to live when he identifies himself with the Christ life within himself. Even as Jesus identified himself with his indwelling Father, so can man lay hold of the same wellsprings of life.

Living, then, depends a great deal upon getting

the right viewpoint of life.

The reality of living is to live as Jesus of Nazareth lived—one with the Father.—Christian Healing.

WEDNESDAY, OCTOBER 13

Today's Watchword: Established in the high consciousness that I am above petty situations, I smile through every circumstance.

When one establishes himself in the realization that he is above the petty vexations and irritations of life, he is no longer affected by them. Instead of being overcome by what others say and do, he becomes master over self and, subsequently, master over his world.

In man's mentality, where all decisions are made, he decides how he will react to any situation. He must realize that adverse conditions do not make him unhappy or despondent. It is his mental reaction to them which decides whether he is to be happy or unhappy.

His ability to smile should arise from that inner something which is not affected by external con-

ditions.

The smile has power to disperse every adverse condition in our environment. The warmth and sunshine of a smile chase away negative conditions much as the sun causes the mists and shadows to disappear. When one is in the high consciousness, he can look upon the universe and smile upon everything that he sees.

He that sitteth in the heavens will laugh.— Psalms 2:4.

THURSDAY, OCTOBER 14

Today's Watchword: From the inner depths of my being, infinite knowledge expresses itself through me and I know all that I need to know this day.

Let us learn to rely upon our own understanding. The best teacher is the one who does not try to instill something in us but who encourages us to discover and to express the knowledge already lying there.

One grasps the truths taught in these lessons, not through accepting our indorsement as to their truth but through perceiving in his inner consciousness that they are true. The Spirit of wisdom within him affirms their truth. Unless this inner teacher approves of the teachings of his associates, he derives little from them.

This inner knowledge must not be thought of as confined entirely to things spiritual. It can be applied to the things of our workaday world. If the housekeeper, the business man, or the artist needs knowledge upon some matter at hand, let him turn within to his Spirit of knowledge. Nothing that man needs to know is too insignificant for the attention of this Knower at the center of his being.

To educate . . . never means to force into from the outside, but always means to draw out from within something already existing there.—Lessons in Truth.

FRIDAY, OCTOBER 15

Today's Watchword: I am unaffected by external conditions. Christ in me dominates my life at all times.

Within man lies the power which makes him master over every external condition. This power is the same as that which Jesus was conscious of as being his strength, sustenance, and comfort in times of trial. When we are conscious of this indwelling power, nothing external to us can dominate or disturb us.

The nurse moves about in the midst of contagion, yet her strong consciousness of health remains a barrier against disease. Health so dominates her mentality that she is unmoved by beliefs in contagion.

Those who fear contagion and disease set up a condition in mind and in body which invites and connects them with the objects of their fear. The person who fears disease is but making in his body an abiding place for it. He is turning his thought from Christ to the belief in external things and in adverse forces.

The business man who believes in failure and poverty is giving himself to the belief that external things can so arrange themselves as to work against his success and prosperity. In order to reverse the situation, he must reverse his thought.

When thou passest through the waters, I will be with thee; . . . when thou walkest through the fire, thou shalt not be burned.—Isa. 43:2.

SATURDAY, OCTOBER 16

Today's Watchword: I am no longer tense and restless. Relaxed and poised, I trust the outworking of good in all my affairs.

Tenseness and restlessness in one show that he is uneasy about the outcome of his affairs. They indicate that he is uncertain of the future; especially is he not sure that the future will bring him good.

Tenseness and strain change to relaxation and poise when one changes his mental viewpoint regarding that which has made him tense. He finds that in all the world there is nothing capable of making him strained, tense, and resistant. The peace and the poise which he has established in mind are unshaken by the belief that there is anything which can cause him to be dethroned from his high position of poise and mastery.

When we trust good to work out in our affairs, we show that we have no faith in adverse and negative conditions. Our faith in the good is unalloyed with any belief that evil or failure can come to pass.

Instead of charging our affairs with negative thoughts, let us put faith into them. Instead of being restless and uncertain as to the future, let us be poised in the knowledge that good is coming to pass in abundant measure.

We need to rise above this state of tension, to one of living trust.—Miscellaneous Writings.

SUNDAY, OCTOBER 17

Today's Watchword: Mentally and physically free from every retarding influence, I push forward and upward to better and higher things.

Through right thinking we have power to clear mind and body of every oppressing and retarding influence. We have power to erase from them everything that seems to hold us back or to keep us from reaching the goal of our ideals.

Those who stay in a rut and limit themselves to narrow surroundings are simply hedged in by the confining influences of adverse thought. To them, it may appear that others hold them back or that

their surroundings tend to restrict them.

It is possible for one to discover just what the belief is which lies in his consciousness and holds him back. Having found it, he can take it up and deny that it has power to limit him; he can prove to him-

self its nothingness.

He is then ready to declare the truth of his freedom and to push forward and upward to the goal which is his heart's desire. That which man can visualize as his ideal, he has power to attain. And he is responsible to God for the attainment of that which he idealizes as his goal.

Therefore let us also . . . lay aside every weight . . . and let us run with patience the race that is set before us.—Heb. 12:1.

MONDAY, OCTOBER 18

Today's Watchword: Casting all my burdens upon the Lord, I rest in the assurance that divine law is now working in all my affairs.

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How much better it is for us to give up personal anxiety about our affairs and to turn them over to a higher principle than it is to try to carry all the burden ourselves. How useless it is for us to try to work things out in a personal way when we have but to realize that the highest truth will prevail.

When we cast our burdens upon the Lord, we relieve ourselves of that personal consciousness in which one cannot hope to adjust or to right any situation. We enter into that high consciousness in which right, order, and justice prevail. We cease trying to do things from the standpoint of personal might and we see them governed by divine principle.

One cannot succeed in working things out in a personal way, but he must be ready and willing to do his part in carrying out the higher principle and to cooperate with it. He must be willing to let divine justice express itself through him. He must be ready to be an avenue through which divine law manifests itself.

Put all the burdens of the world upon the one supreme Judge and hold every man, and all the conditions in which men are involved, amenable to the law of God.—Christian Healing.

TUESDAY, OCTOBER 19

Today's Watchword: I am honest, fair, and square in all my dealings with others. I am honest with myself.

Occasionally, one finds some trait in himself which shows that he is not fair and square with himself or with others. There may still be some of that old tendency to resort to dishonesty or to be unfair. All of this must be cleansed from consciousness before one may feel that he stands square with himself, with others, and with God.

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One who is dishonest has in his consciousness that which is magnetic to dishonesty. His belief that he can succeed by dishonest methods draws to him those of the same belief. We can see that his belief in trickery may cause him to be tricked by others. We can see that even our entertaining belief in dishonesty may cause our own affairs to become linked with dishonesty.

There are many ways in which persons practice dishonesty and, in some way or other, excuse themselves for it. One should not make honesty simply the best policy, but the only code of his life.

After viewing this from the negative aspect, let us turn to honesty and square dealing, with the determination to be honest and fair at all times.

According to the cleanness of my hands hath he recompensed me.—Psalms 18:20.

WEDNESDAY, OCTOBER 20

Today's Watchword: I accept the invitation of Paul to let the same mind be in me that was in Christ Jesus and I am healed, praise God! I am healed.

This is the Silent Unity healing word to be used

from October 20 to November 20.

In the second chapter of Philippians, Paul recommends the Christ mind to us. We are exhorted to "have" this mind, to lay hold of it consciously. The whole matter of having such a mind depends upon us. We have the same access to it that Jesus had.

We think of the mind of Christ in Jesus as a consciousness of perfection and of wholeness. This mind is free from all belief in fear, in tension, in limitation, and in disease. The thoughts emanating from the Christ mind must necessarily be thoughts of good, of love, of health, of perfection.

Do we wonder that one who is mentally cleared of adverse beliefs and physically healed of woes of the flesh rejoices over his healing? How natural it is for that one to praise the work of his Christly mind and to thank God for his priceless blessings.

We call Jesus "the Christ" because he lifted himself to such a consciousness of his Christliness that he

became inseparably identified with it.

We have the mind of Christ .- I Cor. 2:16.

THURSDAY, OCTOBER 21

Today's Watchword: I am joint heir with Jesus to the kingdom of the heavens and all things are added to me.

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This is the Silent Unity prosperity thought to be used from October 20 to November 20.

Those who think that Jesus inherited largely from God, his Father, may not be aware that they can inherit the same as Jesus did. In the sight of God, all are upon an equal footing; all other men are joint heirs with Jesus. He inherited largely, because he had a great consciousness of his sonship.

The kingdom of heaven is spiritual consciousness. When we seek and find this realm, the matter of demonstrating prosperity for all our needs is an easy one. This kingdom is a realm of rich ideas. It is the innermost realm of mind. It is that point in mind where Spirit rests.

We often refer to consciousness, the mental state in which one is aware of certain things. To be aware of one's inheritance from the Father, to be conscious of the inner kingdom in which there is fullest abundance, is to invite the manifestation of that which we have mentally and spiritually perceived.

We are children of God: and if children, then heirs; heirs of God, and joint-heirs with Christ.—
Rom. 8:16, 17.

FRIDAY, OCTOBER 22

Today's Watchword: God in the midst of me now expresses himself through me and I am abundantly filled with his presence.

Let us make ourselves channels through which God finds ready means for expression. Metaphysicians often admit that God abides within them but they do not always let God come forth into manifestation. We prove the statement that God is within us, only by expressing him in our minds, bodies, and affairs.

There are those who seek the kingdom of God continually, yet fail to have the heavenly riches added to them. They spend much time in seeking God when they should take for granted that he is right within them and coming forth as the consummation of every good blessing. As blessings appear, we have more and more evidence of the existence of God.

Why do we encourage students to demonstrate the truths that they learn? Because we wish to see the teachings of Jesus considered more than a philosophy of living, to see them accepted as demonstrable principles.

It is the part of himself which God has put within us, which ever lives there, with an inexpressible love and desire to spring to the circumference of our being, or to our consciousness, as our sufficiency in all things.—Miscellaneous Writings.

SATURDAY, OCTOBER 23

Today's Watchword: The Spirit of joy within me is ever active and I am ever happy and joyful.

To unify oneself with the Spirit of joy within is to be assured of joy and happiness at all times. When one loses sight of his relation to Spirit, he turns to things external and becomes affected by them. If things of the world do not seem favorable to him, then

his joy wanes and he feels unhappy.

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One's ability to be joyful at all times should be as natural to him as is his ability to breathe. Many persons, however, seem to think that joy and happiness make an abnormal state and that only on rare occasions can one be happy and joyful. Only when there is nothing to be sad about do they seem willing to be happy.

The practical Christian's joy is constant; it is unaffected by people, by conditions, or by things. He recognizes nothing as superior to his Spirit of joy,

nothing mightier than his indwelling God.

Should something occur this day which does not seem to be a harbinger of joy, what should one's attitude be? It should be strictly an attitude of knowing that joy is in the occurrence in some form or other and of rising to such a consciousness of joy that the whole situation is transformed.

Therefore God, thy God, hath anointed thee With the oil of gladness.—Heb. 1:9.

SUNDAY, OCTOBER 24

Today's Watchword: There is nothing in all this world to make me afraid. The presence of God in and about me fills me with courage.

If we find that there is any person or thing in our world that frightens us, let us deny it and wipe the belief from consciousness. Let us realize our freedom from fear, fear of people, fear of things.

We should remember that our mental reaction to persons and to things is what disturbs us. If we think that these have power to harm us, we fill our minds with fear. Then we are governed not by the persons or the things but by our self-inflicted fear of them. Persons or things may be left entirely out of consideration. The persons may, at heart, be kindly disposed toward us; the things, incapable of harming us in any way.

The presence of God in our minds is an antidote to fear. Conscious of God's loving presence, we become so filled with courage that nothing external can appeal to us as having power to frighten or to

dismay us.

Children with no sense of fear have been discovered playing with wild animals in utter safety.

Be strong and of good courage; be not affrighted, neither be thou dismayed: for Jehovah thy God is with thee whithersoever thou goest.

—Josh. 1:9.

MONDAY, OCTOBER 25

Today's Watchword: The light of truth now shines in my consciousness and all things are revealed to me.

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If all the books and laboratories of the world were swept into oblivion, man would still have the information and knowledge which formerly he had expected to derive from them. He would still have the source of knowledge, the consciousness of truth within himself.

When man studies the books of others, he simply studies the reports that others have made after truth has been revealed by their own indwelling Spirit of wisdom. They do not always perceive this truth clearly, consequently their reports do not always ring true. Some people do not readily connect with the inner voice, therefore they feel that they must resort to the assistance of those who do.

There are those who have developed quite an appreciation of what is true. They are able to tell very readily whether that which is taught them is true or not. If something is presented to them as truth and it does not meet the approval of their inner Spirit of wisdom, they know instinctively that it is not true.

There is no excuse for one's being in the dark as to what he should do. He has but to turn within and consult God, his indwelling wisdom and knowledge.

What you want is revelation of truth in your own soul.—Lessons in Truth.

TUESDAY, OCTOBER 26

Today's Watchword: Free from the belief that I am limited in any way whatsoever, my mind accepts the truth that I am spiritual, perfect, and whole.

Christian healing is based upon the process of disabusing the mind of the belief that man is sinful and diseased, and of establishing there the Christ truth that he is spiritual, perfect, and whole.

In absolute truth, man is never anything but that which he is in the sight of God. Jesus did not look upon disease from the viewpoint of pathology; he did not make medical prognoses and hold the patient in the grip of adverse thought. No doubt he had so disciplined his mind that in the face of the most alarming symptoms he could instantly say, "What is the truth about this?" and declare the healing word.

So we need not be concerned about appearances or adverse beliefs. Our business is to declare the truth and to manifest there the Christ life and health. Where the consciousness is established in truth, there will be found the nucleus for abounding health.

Jesus occupied himself in teaching his followers what he termed the truth. This teaching, he knew, would clear their minds of ignorance and fear and would free their bodies from pain and disease.

Jesus Christ . . . cleared from the consciousness of the sick the belief that man is something sinful or diseased.—Getting the Clear Realization.

WEDNESDAY, OCTOBER 27

Today's Watchword: Belief in weakness has no place in my consciousness or in my body. I am strong with the strength of Jehovah.

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Weakness is primarily admitted in the mind. Belief in weakness can make little headway toward weakening the body unless the mind consents to it. We can see, then, that in order to dispel weakness from the body, we must first dispel it from mind.

One with a consciousness of strength may not have large muscles or be well developed physically, but he has strength to perform more work than does the one who has physical development but not the strength consciousness. We can well say that the difference between the abilities of two persons is simply their difference in consciousness.

The strong man thinks strength. His thoughts of strength cause his strength to increase. He admits no thoughts of weakness into his consciousness. Teachers of physical culture are now teaching their pupils to think strength while they are exercising and

to think it right into their muscles.

As we discipline ourselves in this matter of thinking strength, we find strength thinking itself in and through us. We contact a mind of strength which is a mine of strength-producing force.

Let the weak say, I am strong .- Joel 3:10.

THURSDAY, OCTOBER 28

Today's Watchword: My eyes are too pure to behold iniquity. Through spiritual vision, I behold the good and the true.

Man must discriminate between that which is real and true in the sight of the Absolute One and that which is limited in any respect. The real and true things are the eternal verities of God: life, love. strength, truth, perfection. These alone are the things that are seen by God, the things that are acknowledged and verified by Principle.

When man sees or acknowledges hate, weakness, evil, death, or limitation, he looks upon something not witnessed by the Principle of absolute truth. He is like the student of mathematics who believes that some error has its place in mathematical law. He should know that as error is not acknowledged by principle, error has no truth to sustain it.

What shall we say of disease? The principle of Truth has nothing to say about it. The principle of Truth is a principle of life and health. Disease, then, is not a verity of God. If we behold disease, we think and see something which has no place in

spiritual vision.

Health is a composite of life, love, strength, and numerous other blessings of God.

It is not man's province to formulate anything but what will be a pleasure in God's eye .- Christian Healing.

FRIDAY, OCTOBER 29

Today's Watchword: The I AM in me now acknowledges my indwelling God life: I am the life of God.

I AM is man's identity with God. When man says, "I am," from the standpoint of spiritual consciousness, he is really saying, "God in me lives and has his being in me."

When the I AM is related to limitation or disease,

the speaker attaches himself to these things.

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Should any one in good health persist in making such use of his I AM, he would soon prove this statement; he would demonstrate the power of the I AM to produce negative conditions when attached to negative words. On the other hand we see evidences of thousands of people who, through metaphysical training, are demonstrating that through relating the I AM to words of strength and health, they can bring about the physical manifestation of these blessings.

I AM is one of the mystical names of God. "I AM THAT I AM" has always been used by mystics as a sort of passport to higher consciousness. To grasp the meaning of I AM and to meditate upon "I AM THAT I AM" helps one to enter the very holy of holies.

Did it ever occur to you that you are almost

daily taking God's name in vain? . . .

"I AM," spoken with a downward tendency, is always false, always "in vain."—Miscellaneous Writings.

SATURDAY, OCTOBER 30

Today's Watchword: Silencing every thought of turmoil, I am established in the quietness and peace of God.

There are those whose affairs are quite disorderly because their minds are in turmoil. Their confused, vacillating thoughts keep their affairs in a chaotic condition. Their bodies take on the unruly nature of their thinking and they seem to lack control of them. These persons often feel that they manifest disorder wherever they go and in whatever they do.

What is the remedy? Getting still. Getting so still mentally that there are no turbulent, feverish thoughts. Getting so quiet that there is only quiet in the physical body. Becoming so confident in this stillness that one just expects good to emerge out of it

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and to manifest itself in all one's affairs.

When we find ourselves in a turbulent, anxious, and straining attitude of mind, let us just stop and refuse to have anything to do with the thoughts which produce such conditions. Let us cease thinking about people, things, the past, the future, and all those things and conditions which cause uneasiness.

When we get still, the solution to the whole problem is given us. We can help ourselves or others through metaphysical treatment only by first getting

still, by first communing with God.

Be still and know. Be still and trust. Be still and expect.-Miscellaneous Writings.

SUNDAY, OCTOBER 31

Today's Watchword: I desire nothing but that which is wholesome and good. My every desire for good is rewarded by the manifestation of good in abundant measure.

Quite often a desire is misinterpreted. One may feel that the soul's hunger or thirst is for something entirely different from that for which it is really calling. Sometimes one attempts to assuage such an appetite by feeding upon something which does not satisfy the desire after all. The desire may appear to be for something not altogether good. However, if we get back of the desire we shall find that good alone can satisfy it.

We can see that when the student says, "All my desires are spiritual," he refers to the one real desire

back of the apparent desires.

Desire is but the coming into manifestation of the thing for which we seek; if we seek long enough and desire whole-heartedly, that which we desire will surely manifest. Desire is a sort of signal which shows the approach of the thing desired.

To keep our desires upon the highest at all times is to assure ourselves that only the highest can be expressed in our minds and in our affairs. When our thoughts are spiritually disciplined, our emotions and

our desires are likewise disciplined.

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Desire is the thing itself in incipiency.-Lessons in Truth.

ASPIRATION







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